**RELATIONSHIP APPRECIATIONS**

3 qualities that I most appreciate about my partner are:

**2.**

 **3.**

3 of my favourite memories of my partner and I are:

**2.**

 **3.**

3 things that I respect my partner for are:

**2.**

 **3.**

3 things that my partner and I have in common are:

**2.**

 **3.**

3 memories that I am thankful for my partner when helping me to feel good are:

**2.**

 **3.**

As a couple, our 3 main strengths are:

**2.**

 **3.**